**Subject:** Chat with Karen Lancaster
**From:** Karen Lancaster <lancaster.karen@gmail.com>
**To:** barriticus@gmail.com

**Karen**: How are you today and do you want to make an appt with Patel for prescriptions to get you through next few weeks?
**me**: nah
**me**: won't need them
**me**: I'm better
**me**: got good sleep
**me**: withdrawals only last a week or so
**me**: not getting on another drug
**me**: ever
**Karen**: OK, will have your clothes ready to return this afternoon. What else on grocery list besides ice cream and basics -- meat loaf? grilled chicken breasts? tuna?